

ABOUT US

The Gryphon Youth Group (formerly known as the Breakfast Club) is an interactive program for youth in grades 7-12. All youth experience stress in their lives. These workshops are a fun chance to connect with others their own age and learn about healthy coping mechanisms and to build strong support networks.

Our fun and interactive programs are a great way to learn about important topics which give youth strategies and tools to cope with everyday stressors. They learn that they are not alone and others may go through similar struggles while also developing new friendships.

These tools are helpful to limit the negative impact of stress, as well as provide valuable skills needed to navigate through life.

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THE GRYPHON
YOUTH GROUP

EVENING ACTIVITIES

Our evening support and friendship nights run monthly and encourage youth to build and maintain friendships they developed during our weekend workshops.

The activities could include an outing around town such as laser tag or jump yard, or a hands on craft followed by a wellness activity.

All activities are provided at no cost to families. For the activities that involve a craft, materials will be available for pickup prior to the evening event.



Anyone can make a referral; including youth, parents, guardians, teachers, friends or community members, however, consent from a parent or guardian is required prior to attending.

For more information, upcoming dates, or to register a youth scan the QR code below:



WEEKEND WORKSHOPS

The Gryphon Teen Weekend Workshop aims to provide teenaged youth with the knowledge and skills to cope with common stresses they experience in their lives.

The topics are relevant and unique to teens including cyber safety, healthy relationships, stress, and depression and suicide.

Teens learn the importance of making good choice in navigating their ever changing lives.

**"I TOTALLY VOUCH FOR THIS!
I went as a young teen and
had the best time and made
great connections!"**

- Past Youth Participant